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MN021901. Nurse Corps Celebrates 94th Anniversary  
By Aveline V. Allen, Bureau of Medicine and Surgery

The Navy Nurse Corps celebrates 94 years of service on May 13, with a force of 3,125 active duty and 1,859 Reserve members willing, able and ready to utilize their medical expertise in supporting the Fleet and Navy Medicine.

"As the twentieth director of the Nurse Corps, I plan to continue to align our goals with that of the Surgeon General's -readiness, optimization and integration," said RADM Nancy Lescavage, NC. "With that approach in mind, I want to assure that the Navy Nurse Corps is prepared for success in the future."

Lescavage outlined what she called five "rights" to help implement this alignment.

"I ... will work throughout my tour to ensure that the right number of nurses, with the right skill mix, are trained in the right specialty, at the right time, and are in the right assignment," said Lescavage.

Keeping in line with goals set forth by Navy Medicine, the Nurse Corps is a key player in promoting the Surgeon General's Force Health Protection (FHP) initiative.

"For several decades, Navy Nurses have been at the forefront of health and wellness programs as health planners, population health advisors, disease management evaluators, patient educators and individual health assessment specialists," said Lescavage.

Another key element the Nurse Corps contributes to FHP is their work in case management.

"Nurse Corps officers are key players in the planning and execution of this unique specialty that ensures the optimization and integration of medical resources for the enhancement and support of patients' health and wellness," said Lescavage.

There are two new programs the Nurse Corps is involved with to enhance their medical expertise in support of these goals. The first is a new Joint Trauma Training program in conjunction with the University of Southern California-Los Angeles County Medical Center, which enhances trauma

training. The second is a new perioperative clinical nurse specialist graduate program developed at the Uniformed Services University of Health Sciences.

As she reflects back on the efforts put forth by Navy nurses during and after the Sept. 11 attacks, she is pleased at the way they stood up to the test of time during this crisis. She credits this to their ongoing preparation for readiness.

"This entails continuous identification of the physical, technical, and professional skills needed to practice in all settings and environments, and the ability to remain multi-skilled despite an expanding system of healthcare specialties," said Lescavage.

Looking ahead to the future, Lescavage envisions great things for Navy nurses, including an expanded role in homeland security.

"I am thoroughly committed to exploring new graduate training programs, new roles for senior nurse leaders, and new assignments that require the contributions of professional nursing expertise," said Lescavage.

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MN021902. Health Assessment Will Help Keep Sailors and Marines Ready to Fight and Win

By CDR Donna Cain, NC, Bureau of Medicine and Surgery

WASHINGTON, DC - An initiative to keep Sailors and Marines fit, healthy, and ready to fight and win will have them meeting face-to-face with a healthcare professional annually to assess their health.

Chief of Naval Operations Instruction 6120.3 Preventive Health Assessment consolidates medical, occupational health and risk screening services, medical record review, preventive counseling, and risk communication into an annual health assessment for all active duty Sailors and Marines.

"In the past, we did a lot of record review to ensure our Sailors and Marines had their immunizations, their physicals, their pap tests, had been screened for the PRT (physical readiness test) - all the necessary screening," said CAPT Margaret Holder, NC, head of Navy Health Promotion. "And it also meant Sailors and Marines may have to visit a medical facility six, nine, even more times a year to get all their health needs taken care of. But the Preventative Health Assessment (PHA) consolidates all screening, so they may be able to reduce their visits to one or two a year."

Holder said a key element to the PHA is an annual, face-to-face between the healthcare professional and the Sailor or Marine.

"They deserve this," said Holder. "It's their chance to ask questions and talk about any health concerns they might have."

Holder said another advantage is that fewer visits to medical can mean less time away from work.

The all-in-one PHA has been in the works for almost four years. It was signed in December 2001 and is scheduled to go into effect in December 2002.

"That gives commands a year to develop a plan to make this work," said Holder.

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MN021903. Nurse Corps to Gain Two of Bangor's Brightest

By J01(SW) Stacey Moore, Naval Hospital Bremerton

BREMERTON, Wash. - Two of Bremerton's brightest are leaving the enlisted ranks for an exciting new future - both will be joining the Nurse Corps.

HM3 Bret Donnan, who works at Naval Hospital Bremerton's Branch Medical Clinic, Bangor is entering the Medical Enlisted Commissioning Program.

Donnan will spend the next three years earning a Bachelor of Science in nursing. He will then be commissioned into the Nurse Corps. While attending school, he will get full pay and allowances.

"A lot of good things kind of meshed for me," said Donnan. "They extended the age limit from 35 to 40. I applied this year for the first time and picked it up. I couldn't be happier. I can't wait to go to school.

CM2 Jamie Halcumb elected to become a member of the Nurse Corps through the Seaman to Admiral 21 commissioning program. Halcumb is attached to Construction Battalion Unit 418 on Submarine Base Bangor.

"I want to be a nurse. My mom is a nurse. I was a Certified Nursing Assistant for four years before I joined the Navy," said Halcumb. She had wanted to be a corpsman when she joined the Navy, but there were no openings at the time. The Navy noticed her mechanical ability and signed her up for a tour as a Seabee. Eight years later, she decided to change her career path.

"Being in the Seabees has been a good experience for being an officer. It made me a stronger person," said Halcumb. "It is going to be a whole new life to me, being able to take care of people instead of engines.

Through the Seaman to Admiral 21 program, a combination of several of the former individual commissioning programs, Halcumb can take up to three years to finish her nursing degree with full pay and benefits.

"It's a great program," said Halcumb. "I'm getting college paid for by the Navy. It's an awesome opportunity."

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MN021904. BUMED Visitors Park Easier, Thanks To Online Request

WASHINGTON, DC - Visitors to the Navy's Bureau of Medicine and Surgery can reserve their parking space days before they drive through the gate, thanks to a online request system.

In the past, visitors to the BUMED compound had to find the command quarterdeck, temporarily park their car, get a temporary parking pass, get back into the car and search for their assigned spot. It was enough to frustrate the most hardened parking spot hunter.

But now, visitors can access the BUMED Intranet website, [bumed.med.navy.mil/](http://bumed.med.navy.mil/), click on "Visitor Information," fill out a form, and usually within 24 hours, they'll have a parking pass e-mailed to them.

However, the online parking request isn't for everyone.

"Not just anybody can get a pass," said YN3 Steve Silver, BUMED's parking coordinator. "You have to make your request from a dot-mil account, and you have to tell me who you're visiting."

Silver said that, for security reasons, he checks with visitors' hosts before issuing the pass. He also said visitors must still get gate clearance.

In addition to being e-mailed a parking pass, visitors get a map of the BUMED compound so they can easily find their assigned space.

Although there were a few glitches at first, people are very positive about the online parking request system, said Silver.

For now, Silver must manually review the parking requests and find an open parking spot for visitors. But plans are in the works to completely automate the system, he said.

Chief of Bureau of Medicine and Surgery VADM Michael L. Cowan, MC, first brought up the idea of finding a way for visitors to request parking online. BUMED Webmaster Pankaja Gatuku developed the visitor-friendly system.

Visitors who can't access the BUMED Intranet website to request parking must get their pass the old-fashioned way - they must stop at the Building 2 Quarterdeck, or ask their host's assistance in getting a pass.

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MN021905. Family Medicine Docs Bring Home Ribbons

By Judith Robertson, Naval Hospital Bremerton, Wash.

BREMERTON, Wash. - Naval Hospital Bremerton's family practice clinic and family medicine residency program doctors walked away with honors at the annual Uniformed Services Academy of Family Physicians Scientific Assembly in Orlando, Fla.

CDR Ronald Dommermuth, MC, and LT Christopher Orsello, MC, took first place for their research presentation in the clinical investigation category with their paper on "Maximizing Early-Onset Group B Strep Prevention." Along with CDR Robert Marshall, MC, the two also took second place in the poster presentation category for their write-up "Competency-based First Trimester Obstetrical Ultrasound Training for Family Physicians."

Dr. Susanne Krasovich, MD, and LT Angela Droz, MC, took first in the poster presentation category for research titled "'Doctor, when you didn't call I assumed everything was OK'...Patient Preferences for Notification of Normal Laboratory Test Results."

More than 400 family practice physicians attended this year's gathering.

"We have been incredibly successful for a program our size," Marshall said. "For both acceptance and outcomes (winning or second place), our percentage of successes has been greater than any other family medicine residency program in any branch of service."

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MN021906. GITMO Fleet Hospital Flag Presented to VFW

By JOC Bill Austin, Health Services Office Jacksonville, Fla.

INVERNESS, Fla. - An American flag flown over Fleet Hospital 20 and Camp X-Ray in Guantanamo Bay, Cuba was delivered to Veterans of Foreign Wars Post 4337 this week as a tribute from the men and women serving in Guantanamo Bay to the service members who served in past wars.

The flag was presented to the Post Commander, retired Navy Capt. Jerry Webb.

"We appreciate you (Navy people) thinking of us, and will proudly display this inside the post," said Webb.

One VFW member who served in the past is retired Air Force Master Sgt. Jim Black, who served twenty-three years of dedicated service and continues to serve the post as part of the Ceremonial Honor Guard.

"All of us at the VFW support the men and women serving in Operation Enduring Freedom," said Black. "We are all very proud of them."

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MN021907. NH Bremerton CO Named 'Woman of Achievement'

By Judith Robertson, Naval Hospital Bremerton

BREMERTON, Wash. - CAPT Christine Hunter, MC, commanding officer of Naval Hospital Bremerton, was named one of the local YMCA's "Woman of Achievement" recently.

"As an organization which encourages the development and empowerment of women, we are honored to present these 16 women, for they exemplify all that is great about our community," said YMCA Executive Director Linda Joyce.

Hunter was recognized for her contributions to Navy medicine, leadership of Naval Hospital Bremerton and to the community.

Each woman was presented a plaque commemorating her selection. Hunter told the audience of over 200, "It is easy to lead when you have such a wonderful staff." She then thanked Vice Admiral (ret) Richard Nelson, past Surgeon General of the Navy (who, along with his wife Alice, attended the luncheon), for being her mentor in her Navy and medical career. Hunter also

thanked her family, husband Robert and daughter Jennifer, whom she said, "Are the true volunteers." According to Joyce, 151 women have been honored for their leadership, compassion, volunteerism, courage and convictions by the activist organization since 1989.

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#### MN021908. DoN's Annual Saving Bond Campaign Kicked Off

WASHINGTON, DC - If you expect a comfortable retirement, you have to save and invest, and a balanced portfolio will protect you from the worst of the financial gyrations.

With that in mind, the Department of the Navy kicked off its annual month long savings bond campaign on May 1, providing Sailors and civilians world-wide the opportunity to buy U.S. savings bonds, the investment that's not only good for their future, but for America.

"When you buy U.S. savings bonds, you're not only saving for your future, you're helping keep America economically healthy by investing in the country," said Navy Medicine's RADM Dennis D. Woofter, DC, the vice chair of the Department of the Navy's 2002 U.S. Savings Bond Campaign.

The U.S. Savings Bond Program began sixty-one years ago to support and strengthen America's economy during World War II. Since then, millions of Americans have turned to bonds to bolster their retirement savings.

One of the many positive characteristics about savings bonds is their steady performance. Savings bonds are a good way to start saving and build capital, and can also add balance to any existing portfolio.

Bonds are easy to purchase, too. The easiest way is through the payroll savings plan. A payroll savings plan can be started for less than \$5 per pay period.

Bonds can also be purchased over-the-counter through financial institutions, or by automatically debiting your savings or checking account using the Savings Bonds EasySaver Plan. They can even be bought over the Internet using a major credit card by going to the savings bond website.

For more information, contact your command savings bond coordinator or visit [www.savingsbonds.gov](http://www.savingsbonds.gov) to start saving for your future with U.S. Savings Bonds.

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#### MN021909. Healthwatch: Don't Trust Miracle Health Fixes

By Susan M. Koerner, Naval Forces Marianas

GUAM - Late at night with the TV remote control in hand, it doesn't take long to come across an infomercial with enthusiastic sales people touting the latest gadget or cream to make one lean, fit, healthy, beautiful, or pain-free.

Among the crop of late night shopping include electronic stimulators for the abs, facial exercisers, exercise machines that take only a few minutes a day to get fit, and super stuff for pain relief.

LTJG Dan Hollingsworth, MSC, head of the physical therapy department at U.S. Naval Hospital Guam cautions would-be buyers with an age-old adage.

"If it sounds too good to be true, it probably is," he said. "There is a lack of clinical research on these types of products to support that they do work."

Electric ab stimulators are offered under several brand names and seem to permeate the infomercial and Internet market.

"Electronic muscle stimulation is usually used on injured patients to help maintain some muscle strength, but there is no evidence that it can cause the type of muscular gains like the commercials claim," Hollingsworth said.

Using an electronic stimulator can cause a contraction of the muscle, but Hollingsworth adds that it doesn't do any better job than doing it voluntarily.

"The electronic stimulation will make your arm move, and you'll be sore afterwards, but in order to get big muscular gains, the stimulation would have to be very strong - it would be extremely uncomfortable and could cause injury," he explained.

Along with the stimulator, which promises six pack abs, is another set of exercise machines that claim a beautiful midsection that can be sculpted in just a few minutes a day.

"If you want great abs, you have to do a variety of ab exercises, not just a sit up," Hollingsworth said. "However, if you have fat covering your abs, it doesn't matter how many exercises you do, you won't see the six pack until the fat is gone."

Many people believe that you can reduce in just that one troublesome spot, such as thighs or upper arm, which is what some of these products claim they can do. Hollingsworth says no.

"People get it into their heads that this is all they have to do, but you have to exercise your whole body," he added.

If it's a more youthful facial appearance you're after, there is also a bonanza of facial exercisers promising to take the years and wrinkles away. Electronic facial stimulators, exercise programs and facial exercise machines all promise amazing results.

"Again, clinical research is lacking to support these claims," Hollingsworth said.

There are those late-night shoppers who are more concerned with pain relief than with appearance. For them, there is no shortage of possibilities either. With super-sounding colorful names, creams and gels offer instant pain relief and mobility. Others claim copper jewelry or magnets placed in strategic locations can do the same. Hollingsworth said while there is lack of clinical evidence, the placebo effect - believing it is helpful - is enough for some.

"The placebo effect can be very powerful, and if it helps them with their pain, that's fine," he said. But he also advises that it can also be a money-draining disappointment.

"I've had one patient report that it felt just like (a commonly used sore muscle ointment)," he said.

Pain-relief creams often provide the user with a hot or cool sensation while applying the cream.

"The sensation takes your mind off the pain for awhile, then it wears off and your pain is back again," he said.

"There are no magic cures yet," he added.

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